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Torchlight Tattoo's severe weather causes crowd to bolt before fireworks.

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The Fort Jackson *Leader*

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www.fortjacksonleader.com

Coming attractions at theater

Roof upgrades nearly complete; other changes must wait for FY09

Susanne Kappler
Leader Staff

The ticket booth will not reopen in the near future, but the renovation of the Fort Jackson theater has begun.

The facility has been closed since April 30, 2007, because of its deteriorating condition. At the time, funding for the renovation was not available.

"Earlier in this fiscal year, funds were approved for the total restoration," said Clyde Reynolds, director of public works. "A contract to replace the roof was let and is under way."

The roof restoration is scheduled to be completed within the next few weeks, but more work on the inside is needed before the theater can reopen.

"The total restoration of the theater will take longer than anticipated," Reynolds said. "The remainder of the restoration was planned to follow the roof replacement. Recently, some very urgent critical requirements arose, which required immediate funding. The remainder of the theater restoration had to be deferred to fiscal year '09 to free up funding for those (projects)."

While there is no timeline for the completion of the restoration, Col. Lillian Dixon, Fort Jackson garrison commander, is hopeful that the project will not incur any more delays.

"Restoring the movie theater is high on the garrison's list of priorities," she said. "Hopefully, the remaining work will be under way no later than the first quarter of fiscal year '09."

In addition to showing movies, the theater is also used for unit training purposes and other functions. It was built in 1967.

Susanne.Kappler1@us.army.mil



Photo by Susanne Kappler

Workers repair the roof of the Fort Jackson Theater as part of the renovations of the facility. The project is scheduled to be completed in fiscal year 2009.

New policy aims to help prevent loss of carryover leave

Donna Miles
American Forces Press Service

WASHINGTON — Service members expecting to lose annual leave Sept. 30 because of caps on carryover leave will be the first to benefit from a new policy that allows them to keep more annual leave, earn or hold on to certain special leave categories and, in some cases, sell back accrued leave.

The new military leave policy, part of the fiscal 2008 National Defense Authorization Act, allows troops to carry over 75 days rather than

the previous 60 days into the next fiscal year, said Sam Retherford, the Pentagon's deputy director of officer personnel management.

The new policy, in place until Dec. 31, 2010, is expected to reduce the amount of lost leave caused by the current high operating tempo. Quality-of-life surveys conducted the past five years show that about 13 percent of the force lost up to 20 days leave each year, Retherford said. Senior noncommissioned officers and officers who have accrued more leave were the most likely to be affected.

The DoD had been proposing policies to fix the situation, and welcomes Congress' support for measures that raise the leave carryover ceiling, increase the amount of "special accrued leave" earned in a contingency zone operation and provides another opportunity for troops to sell back used leave, Retherford said.

The new policy also extends the period service members deployed to a combat zone or supporting a contingency operation have to use their accrued leave. Those who served in a combat zone now have up to four years to reduce

their leave from the maximum 120 days to the 75-day cap provided for under the new provision.

Those supporting contingency operations can take up to three years to get their leave down to the new cap.

The new policy also allows enlisted members to sell back up to 30 days of special accrued leave — leave earned in a combat zone or designated contingency operation — they would

See **Leave** Page 3

Ask the Garrison Commander

Andy's Gym Jam child care; DIMHRS explained

Q Are there any plans for child care in one of the post fitness centers?

A Andy's Fitness Center and Child and Youth Services has begun providing adult-supervised child care since Tuesday.

An Andy's Gym Jam card must be purchased from the MG Robert B. Solomon Center at a cost of \$20 per month and all children must be registered with CYS. Registration is free and may be done at the CYS Central Enrollment Office located at 3392 Magruder Ave.

The Gym Jam program will provide care 9-11 a.m. and 3:45-7:45 p.m. Mondays and Wednesdays and from 8 a.m. to noon Saturdays. For additional eligibility, policies and procedures, call CYS at 751-4869.



Col. Dixon

Q What is DIMHRS?

A DIMHRS is the abbreviation for Defense Integrated Military Human Resources System. This is a Congressionally mandated program with efforts spearheaded by the DoD focusing on the Army's personnel and pay functionality.

DIMHRS will provide the U.S. Army with an integrated, multi-component, personnel and pay system.

The personnel and pay functionality addresses major deficiencies in the delivery of military personnel and pay

services, such as incorrect pay and inaccurate credit of service, which are caused by a myriad of systems with multiple complex interfaces.

Garrison Fact of the Week

Any idea of how many calories are burned walking one mile? On average, about 100 calories. Some other factors come into play, such as the persons weight and how fast he or she walks.

But it takes 3,500 burned calories to lose one pound, so have fun walking 35 miles.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

Family vacations are 'pure gold' for military children

COMMENTARY

Jacey Eckhart
Cinhouse.com

My mother knelt beside me on the carpet. This is never a good sign. In the past, this behavior usually meant that I was six weeks pregnant. Or that Mom was praying about my terrible habit of playing Quarters (an alcohol-drinking game) endangering my immortal soul. This particular day she was reading aloud to me from "Positive Living" magazine.

Which was kind of worse.

"See, I read this and thought of yoooooooo," she cooed. "Here is what their expert says: 'I'm a big fan of family vacations. Sure, you give up some independence, but I think building strong relationships in an extended family is pure gold.'"

Mom looked at me meaningfully.

"Pure. Gold."

Extended family relationships did not feel like pure gold at that moment. They felt like iron fetters holding me back from getting on with our PCS move from California to Virginia.

We were visiting my extended family in Ohio. Instead of getting into the new house and accepting goods and unpacking boxes, I was spending my days pasting on my happy face. Even though I loved my family, I found myself helplessly fuming over all the things grown children fume about when they get back in the physical environment of their own families — the noise level. The way we show love with food. The different methods of parenting. The constant presence of buffalo ranch dressing at every meal.

"You'll feel better if you come outside with me and sit on the deck," she promised, after reading me the entire article about getting along well with others.

Honestly, my mother is so annoying.

I followed her outside and slumped into a patio chair. The morning sun hadn't touched the deck yet so the wood was still wet with last night's rain. I looked out to the swing set in the back yard to see my 6-year-old son being led around by his four female cousins. They had a doll and a blanket and a plastic fork. And the look on my son's face was pure gold.

In that moment, I remembered all the vacations my own military family had taken to visit relatives when I was a little girl. Chasing kittens in the garage. Attending Bible school. Playing house with my cousins and being young enough to be the baby. These were the same now-grown cousins who had come to visit me this year, last year. The same cousins who sent me Christmas cards. The same cousins who remembered my mother pregnant with me. The cousins who carry the same hips that I do, the same thighs, the scent-memory of the hay barn.

That's rare for a military kid. One of

the old markers of military childhood was that we didn't know our extended families. Military families didn't have the time or the money to visit family, so they just didn't go. The memories and the relationships were never made. The support was never built. The Christmas cards never came.

When we start raising military kids, we know that for so much of it, the kids will be resilient. They will bend and sway to accommodate our grown-up lives. But sometimes we really do need to put their needs first. Military kids need someone to know them as preschoolers, grade schoolers, teenagers. They honestly need to play baseball with their cousins, eat ice cream cones, swim, run, nap, laugh, hit, cry, play with their extended families. Our kids need to be tied to the family tree with a million strings of memory.

My mother came out on the deck and hovered over me, her hands on her hips. I swear she is so annoying. Especially when she's right.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Streaming video on government PC a no-no

Susanne Kappler
Leader Staff

Anticipation is building for the 2008 Summer Olympics in Beijing starting Aug. 8, but because of the 12-hour time difference, many high-profile events will happen while Americans are at work.

Some sports fans may be tempted to follow the games on their work computers, but that is not an option for Fort Jackson computer users.

Army computers are blocked from showing streaming video because of bandwidth limitations, said Troy Wahr, Information Assurance specialist with the Directorate of Information Management.

"There's only so much bandwidth allocated. If we use it up with streaming video and streaming audio, then legitimate traffic is hindered," he said.

Aside from legitimate sites offering streaming video, Wahr advises users to beware of rogue sites that may be found through search engines or through links inserted in e-mails.

"The Chinese government is very active in trying to

gather information. And with the Olympics being in China this year, you may receive links to sites," he said. "Don't click on them on a government computer. If you want to look at that stuff, look at it at home, forward it to your home account."

Wahr said that another security concern is links with foreign country extensions.

Both of these types of links often contain malicious software, which tries to gain access to information on the computer and thus compromises the security of government information, Wahr explained.

"When (malicious software) is detected, your computer will have to be seized," he said. It'll be scanned for evidence to see if anything was taken and it'll have to be reimaged. So there's a large inconvenience to the user if (his or her) system is identified. I've seen one (machine) gone for a month."

User inconvenience is not the only consequence, though. Users could be held responsible for the security risk they created by allowing malicious software onto a government computer.

"If it was found that you caused it and it was intentional, there are ramifications for that, too," he said.

Wahr also warned against using technology to circumvent the blocks the Army puts on certain Web sites, like "Myspace," "You Tube" and other sites with streaming video.

"If a user uses a circumventing site ... he opens that computer up to keylogging," he said. "Everything that you type in while you're on that circumventing site is being logged. People don't set those sites up just for your convenience. There's a purpose behind it, and the purpose may be malicious to our intent."

Information assurance technicians at DOIM scan the logs each morning to make sure government computers are used properly and circumventing sites are not visited.

"We've caught multiple users in the last month or so," Wahr said.

Users found in violation of Army policies are reported to their chain of command and are subject to disciplinary action.

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How safe are children surfing the Internet?

Army Family Team Building

Have you ever wondered just how safe your child is when surfing the Internet?

What if your child is approached by an online predator, would you know what to do?

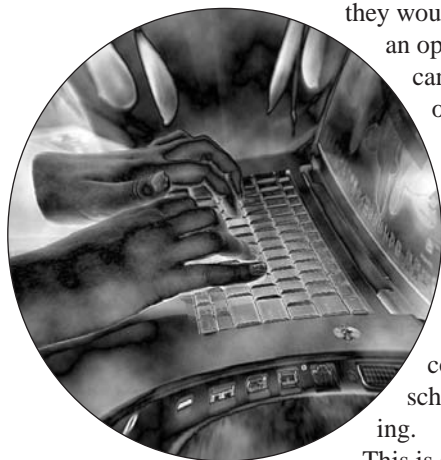
Just how safe are online communities?

These are just some of the questions parents of computer literate children faced. If you are a parent of a child who has access to the Internet, then the time is now for you to become familiar with resources that can protect your child while online.

Children are the country's most valuable resource. They are our country's future leaders. Unfortunately, the same tools that put the world at their fingertips, also leave them vulnerable to online predators.

Simply forbidding a child to go online will not work. The Internet can be accessed from school, a friend's house, cell phones and probably from the latest gizmo or gadget. It is important for parents to be educated on Internet safety so that they can teach their children what to look for and what to do if they are ever approached online.

Most parents would agree, if they could put their children in a bubble and protect them from the ills of the world, they would. Unfortunately, that is not an option. The next best thing we can do for our children is educate ourselves and educate our children on how to stay safe while online.



Army Family Team Building is offering a back-to-school class called "Supporting Your Child's Education." The class will cover Internet safety for kids, school liaison services and bullying.

This is a perfect opportunity to learn predator terminology, use of restriction tools, parental resources and much more. The class is set for 8:30 a.m. to 12:30 p.m., Aug. 29 at the Joe E Mann Bldg. conference room. To sign up or for more information, call 751-6315 or e-mail Angela.Crosland@conus.army.mil.

Diligent Soldier improves civil rights, receives award

Sgt. 1st Class Janeen Simmons Equal Opportunity Office

The NAACP promotes the protection and enhancement of the civil rights for African Americans and other minorities.

Its annual Roy Wilkins Service Award recognizes outstanding military and civilian personnel who have distinguished themselves.

The U.S. Army Training and Doctrine Command selected Capt. Luella Frost as the recipient for the 2008 award. Since her selection, Frost has moved to another duty assignment.

While stationed at Fort Jackson, she served as a company commander at the 120th Adjutant General Battalion (Reception).

She worked diligently with her family and the Mississippi Legislature in passing a statewide observance for her grandmother, a slain civil rights activist.

Frost and her family formed the Birdia Keglal Day Committee with the goal of commemorating the annual observance with community ac-

tivities to stimulate citizens of Tallahatchie County to become more involved, thus making the county a better place to live and work.

This year marks the third recognition ceremony. Frost continues to work directly with the citizens of her home-of-record county on voter's registration and education so that civil rights for all are not compromised.

In addition, Frost was actively involved with the ROCKS, Inc., serving as the organization's vice president of administration and named, "Rock of the Year" 2007 by the Fort Jackson chapter.

She participated weekly in community outreach programs as a youth mentor, developing life skills and coping techniques to deal with conflict.

She is also a member of the 555th Parachute Infantry Association. Her selfless service to the Army's Equal Opportunity Program, Soldiers, civilians and local volunteer programs has made her an invaluable asset to this community.

Leave (continued from Page 1)

otherwise have lost beyond the 120-day limit, Retherford said. Leave accrued in a combat zone is more valuable than regular leave, because it is not taxed, he said.

Enlisted troops can sell back leave when they re-enlist or when they leave the military with an honorable discharge. Officers can sell back leave only when separating from the military under honorable conditions.

Troops can sell back only 60 days of leave over the span of their career, Retherford said.

The new policy also extends the special rest and recuperation absence from 15 to 20 days for troops completing an overseas duty tour extension longer than 12 months and electing government-paid transportation. Those who pay for their own transportation for special rest and recuperation are still authorized the previous 30 days absence.

The new military leave policy ensures that service members do not lose out because they are unable to take leave because of the high operating tempo, Retherford said.

"Lost leave is an issue, because leave is an entitlement. It is worth money," he said. "This new policy sends the message that the department values the worth of the entitlement, but recognizes that there is not always the opportunity for people to take leave because of the current operational environment."

Around Post

TSB

Change of Command

The Training Support Battalion will have a Change of Command ceremony at 9 a.m., today at the Officers' Club. Lt. Col. Jerry Manley will relinquish command to Lt. Col. Lawrence Anyanwu.

AG School

Change of Commandant

The U.S. Army Adjutant General School will have a Change of Commandant ceremony at 2 p.m., Friday at the Soldier Support Institute Auditorium. Col. Richard P. Mustion will relinquish command to Col. Robert L. Manning.

SSI

Change of Command

The Soldier Support Institute will have a Change of Command ceremony at 9 a.m., Tuesday at the Officers' Club. Col. Rose Walker will relinquish command to Col. Richard P. Mustion.

Job Fair

There will be a job fair from 10 a.m. to 2 p.m., Tuesday at the MG Robert B. Solomon Center. For more information, call 751-4862/6325.

FRG Forum

A Family Readiness Group Forum will meet from 10 a.m. to noon, Tuesday at the Palmetto Lodge Conference Room. For more information, call 751-4862/6325.

233rd Chaplain Corps Dinner

The 233rd Chaplain Corps will have an anniversary dinner at 6 p.m., July 18 at the NCO Club. For more information or to RSVP, call 751-8958.

Reading Bug

Readers 12 years old and younger will be rewarded for reading when they join the Fort Jackson Post Library summer reading club. Readers who read five books can win a small prize and get their name on the wall caterpillar; 10 books — will receive a coupon for a free game of bowling at Century Lanes; 15 books — will receive a coupon for a free game of mini golf at Palmetto Greens.

Task force provides remote assistance to wounded warriors

Susanne Kappler
Leader Staff

Almost 600 wounded warriors who live in remote locations are given the opportunity to recover close to home with the support of 18 Soldiers stationed on Fort Jackson.

Task Force NARMC (North Atlantic Regional Medical Command) serves as a "remote installation" to three Community Based Health Care Organizations located in Boston, Virginia Beach, Va., and Rock Island, Ill.

"Their (the CBHCOs) mission is to coordinate the medical treatment, track the treatment, validate the information that is coming back from the physicians — the primary care managers — and make sure that the Soldier is recovering adequately," said Col. Larry Heisler, commander of Task Force NARMC.

The task force provides personnel, operational and logistical support, in addition to offering legal and chaplain services.

"They (the CBHCOs and the wounded warriors) are not on an installation, but we provide that installation support," Heisler explained. "Anything that takes an installation to support an activity is what we're doing for those three CBHCOs."

Most of the Soldiers assigned to CBHCOs are in the Reserves and National Guard. They stay on active duty during their recovery and must meet certain criteria to be eligible for the program.

"We do have a high percentage of people who have multiple injuries and do require a longer recovery. It's best for them, both physically and mentally, to be home with their family and their

support system," Heisler said. "It's very good to know that we are making that transition for these Soldiers easier, because their lives aren't going to be the same anymore."

The territory for which the three CBHCOs are responsible covers 22 states, mostly in the greater Northeast, but ranging from Wisconsin to North Carolina.

South Carolina is not part of that region, but there are historical and logistical reasons why the task force is operating here.

"At one time, this organization managed all the medical CBHCO organizations on the East Coast, which included Florida and Alabama. So we had everything east of the Mississippi," Heisler said. "A year and a half ago, the commands separated into the medical regions."

Since the support is remote and the infrastructure was already in place on Fort Jackson, it made sense to leave the task force here, Heisler explained.

The Soldiers of Task Force NARMC are all in the National Guard, many of them — like Heisler, who is from Ohio — spending time away from their families to support the wounded warriors.

"All the Soldiers who are in the CBHCO program are very proud of what they do and how they provide that service," Heisler said. "There isn't anyone who has regretted taking their time away from their own family to be with these Soldiers. It's just a very rewarding program for everyone."

Susanne.Kappler1@us.army.mil

Teens give back to Fort Jackson community



Photo Courtesy of the Fort Jackson American Red Cross

American Red Cross VolunTEEN Elizabeth Leath volunteers her time during the summer at Moncrief Army Community Hospital's pharmacy department. Sixteen teens are volunteering this summer through the VolunTEEN program, which teaches teens new skills while allowing them to help others.

Customer Service Corner

Customer Management Services welcomes Veronica Patrick to the staff as the Community FIRST coordinator/CMS assistant. She has been an active volunteer with Community FIRST, as well as the Army Family Action Plan, and she will be a great asset to this process. She will help with issue submission, focus groups and the Interactive Customer Evaluation System.

As we begin the fourth quarter of fiscal year 2008, we ask the community to submit any issues through Community FIRST. This process is designed to identify and resolve issues with the services provided for the Fort Jackson community.

Receiving these issues on a quarterly-basis helps community leaders identify and resolve issues continuously, rather than once a year. It is important to reach each constituent group and address its concerns.

The process works as follows: During the first month of the quarter issues are requested and collected. Issues can be anything affecting a community member (Soldiers, family members, civilian em-

ployees, retirees and veterans) that cannot be fixed by ICE.

In the second month of the quarter, the issues are validated and distributed to the directorates or organizations responsible for resolution. Issues are worked and completed, or they remain in an active status. In the third month, the Installation Action Council convenes and reviews the active issues and then votes to forward an issue to the installation senior commander or to deem the issue unattainable.

This is an opportunity as a community member to actively participate in improving customer service on Fort Jackson.

Any issues, or areas of concern can be submitted to the Customer Management Services office or online at <http://www.jackson.army.mil/WellBeing/Survey.htm>, or can be dropped at 3499 Daniel St., next to the north side of Darby Field.

All issues submitted through Community FIRST/AFAP can be viewed or new issues submitted through the Customer Management Services Web site. Submit issues whether it affects Fort Jackson or

the entire Army; feedback is important. Submit issues and recommendations online at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. Click on "Submit an Issue or Recommendation" or click on the AFAP Logo to submit an issue.

Fort Jackson will host a Drill Sergeant Spouse Focus Group from 8 a.m. to noon, Aug. 21 in the Plans, Analysis and Integration Office to surface issues pertinent to the Drill Sergeant Spouse population. CSM needs eight to 12 volunteers to participate. Drill Sergeant Spouses who would like to volunteer for this focus group should call 751-3425. Child care will be provided for those who register in advance.

ICE Appreciation

The garrison congratulates the Fort Jackson Dental Activity, specifically the Oral Surgery Clinic and Hagen Dental Clinic. They have achieved a 5.0 and a 4.96 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction.

Safety Spotlight

GRAT helps field ID hazards, controls

Chris Frazier

U.S. Army Combat Readiness/Safety Center

The newest tool in the Army's arsenal of safety products, the Ground Risk Assessment Tool, facilitates the process of identifying accident hazards and controls for a variety of ground operations and off-duty activities.

GRAT was designed to aid in mitigating risk by reinforcing the five-step composite risk management process. Brig. Gen. Bill Forrester, director of Army safety and commanding general of the USACRC, said the new tool, coupled with CRM, is critical to making sound risk decisions at all levels of leadership.

"Using GRAT in concert with the military decision-making process will help Army leaders achieve success in their missions and make safety an integral part of their planning processes," Forrester said.

GRAT, replaces the Army Management Information System -1 or ASMIS-1 Ground Tool, consists of five parts, which include daily accident statistics; accident vignettes; current accident summaries; resources such as Army regulations, training circulars, field manuals and other guidance related to the mission or task; and an automated interactive CRM worksheet that is based on user input and selection of existing hazards and controls. Its easy-to-use information allows the user to save, e-mail or print a CRM worksheet (DA Form 7566).

USACRC Command Sgt. Maj. Tod Glidewell said GRAT is unique because it will continuously be updated with current, relevant information from units throughout the world.

"Using this tool allows leaders to save time, learn from oth-



ers' mistakes and incorporate risk management throughout the military decision-making process," Glidewell said.

Glidewell believes GRAT will prove a valuable asset for leaders and Soldiers.

"The Army's mission is complex and the current operating environment challenges Soldiers with unique risks daily," Glidewell said. "Empowering Soldiers and leaders to reduce accidental loss and injury by incorporating CRM into mission planning through the use of this tool is a practice that can significantly increase combat power."

For more information about the Ground Risk Assessment Tool visit <https://crc.army.mil/grat/>.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle



**Sgt. 1st Class
Vincent
Simonetti**
Company A,
2nd Battalion,
60th Infantry
Regiment



**Staff Sgt.
Kenneth Lewis**
Company B,
2nd Battalion,
60th Infantry
Regiment



**Staff Sgt.
Clarence
Clark Jr.**
Company C,
2nd Battalion,
60th Infantry
Regiment



**Sgt. 1st Class
Gary Jimenez**
Company D,
2nd Battalion,
60th Infantry
Regiment



**Staff Sgt.
Eric Hines**
Company C,
1st Battalion,
34th Infantry
Regiment

ARMY NEWS

1,215 service members re-enlist in Iraq July 4

Marine Cpl. Frances L. Goch
Army News Service

Service members from throughout Iraq gathered in the Al Faw Palace rotunda at Camp Victory, Baghdad, to re-enlist and celebrate Independence Day.

All 1,215 service members celebrated by raising their right hands and pledging to continue defending the “land of the free” in what is the largest re-enlistment ceremony since the all-volunteer force began in 1973 according to Command Sgt. Maj. Marvin L. Hill, command sergeant major, Multi-National Forces — Iraq.

“Volunteering to continue to serve our nation, while deployed — is both noble and inspiring,” said Gen. David Petraeus, commanding general, Multi-National Forces — Iraq. “It is, as award citations often state, in keeping with the finest traditions of our military services.”

Petraeus presided over the ceremony and led the Airmen, Marines, Sailors and Soldiers in their oath to defend their country against all enemies both foreign and domestic on this day of celebration of America winning its independence.

“We recognize the sacrifices they make and the sacrifices their families and communities make as they serve in Iraq,” Hill said. “These service members know the cost of war and they are still re-enlisting.”

Accumulatively, service-members pledged more than 5,500 years of additional service to their country.

“It makes me feel proud to serve this great nation,” said Spc. Zackary Cunningham, mechanic, 602nd Maintenance Battalion, Tactical Base Balad, who plans on making the Army a career.

The re-enlistees have every right to feel proud according to Petraeus.

“You and your comrades here have been described as America’s new greatest generation, and, in my view, you have more than earned that description,” Petraeus said. “It is the greatest of honors to soldier here with you.”

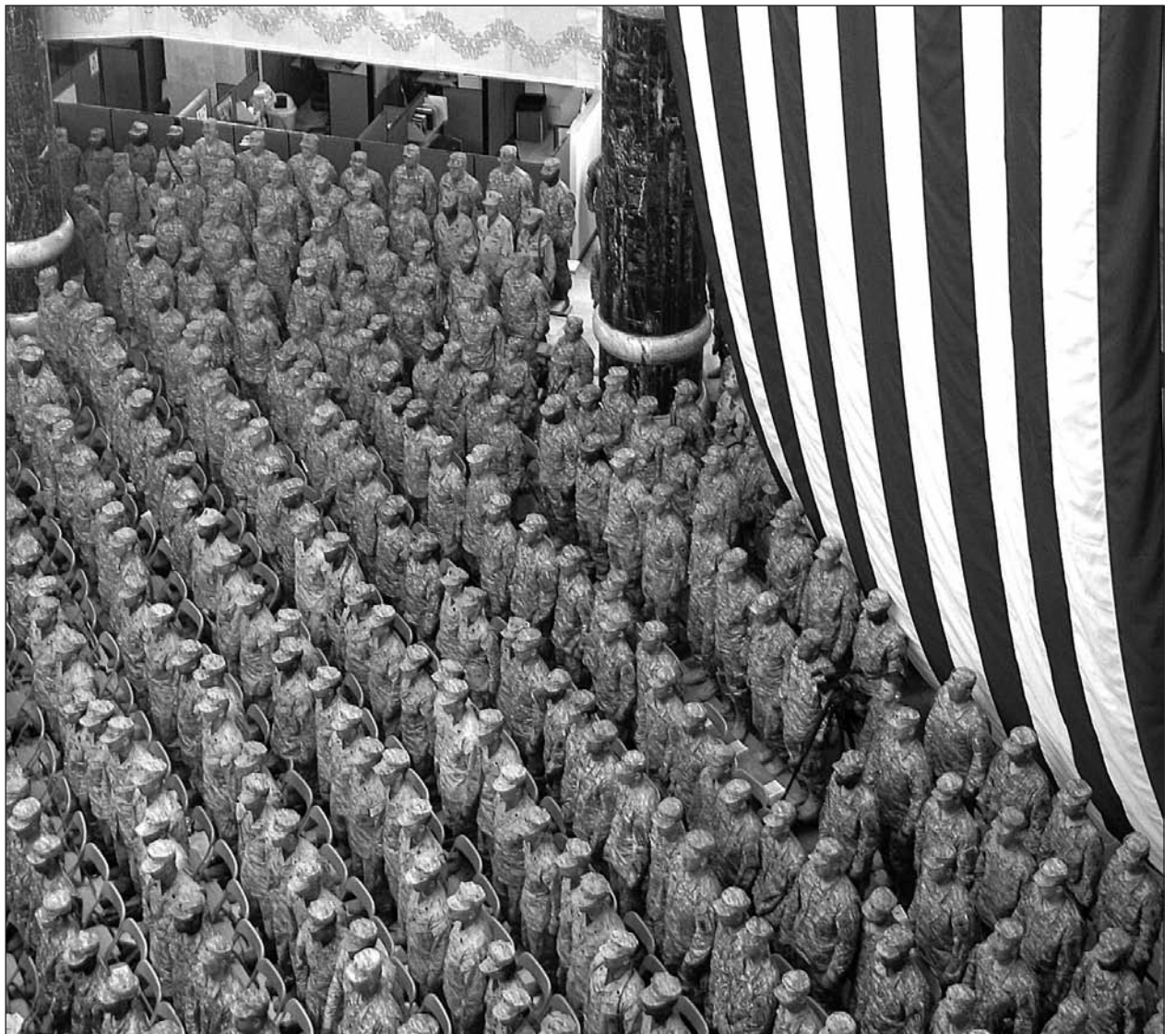


Photo by Marine Cpl. Frances L. Goch, Army News Service

Soldiers from throughout Iraq gather at Al Faw Palace rotunda at Camp Victory, Baghdad, to join in the Fourth of July celebration and re-enlistment ceremony.

Maximum-security prison constructed near Tallil



Photo by Pfc. Terrence Ewings, Army News Service

Iraqi workers dig next to a sidewalk at the Nasiriyah Prison. The new, maximum-security prison is nearing completion and is already able to receive prisoners from Nasiriyah. The prison is scheduled for completion in 2010.

Pfc. Terrence Ewings
Army News Service

CONTINGENCY OPERATING BASE ADDER — A new, maximum-security prison close to the Tallil Air Base is nearing completion and is already able to receive prisoners from Nasiriyah.

Nasiriyah Prison is a self-sustaining penitentiary equipped for managing, guarding and teaching legitimate trades to criminals during their prison terms.

“This prison was built to hold more criminals and for a correctional basis to evaluate the behavior of those people,” said Abdalrhker Abbas, the prison’s deputy warden.

He explained in the past, criminals were sent to the local city prisons near their area of arrest. Eventually, those local prisons’ populations exceeded the occupancy limits.

The Nasiriyah Prison has its own medical and dining facilities, water treatment plant, armory and sewage management system. Many of the older prisons do not have those capabilities. Those correctional facilities rely on the local villages to provide those services.

Maj. Catherine Vergona, the 4th Brigade

Combat Team, 1st Cavalry Division’s judge advocate, said the prison was modeled from penitentiaries built in the United States.

The facility is scheduled to have technical classes where the prisoners can learn new trades so that once they are released, they can utilize their new skills, Vergona said.

With security towers, surveillance equipment and a ratio of two guards for every prisoner, the prison is setting a higher standard for maximum-security installations in the country.

“There are many cases in other prisons where prisoners escape because of a low (level) of security and a lack of communication,” Abbas said. He explained that the facility’s personnel could use a better communication infrastructure to help prevent escapes.

The Nasiriyah Prison is operated by Iraqi security guards and supervised by the U.S. military.

The correctional facility is ready to receive prisoners into its two completed wings. Additional construction on the Nasiriyah Prison is scheduled to be finished in 2010.

MARKING TIME

Markers tell story of former Fort Jackson divisions

John A. DeLyons
Post Museum

If you have ever driven down Jackson Boulevard, you have probably seen the blue and gray signs lining each side of the road for a five-mile stretch. These signs represent former Fort Jackson units and are placed where the actual division was located. The 12 divisions commemorated on the markers are:

81st Infantry Division

This division's nickname — the “Wildcat Division” — was taken from Wildcat Creek located on Fort Jackson. The division was organized Aug. 25, 1917. The unit was moved into permanent quarters by Camp Jackson's first post commander and commanding general of the 81st, Brig. Gen. Charles H. Barth on Sept. 17. During this month more than 8,000 Soldiers arrived to complete the unit. The Soldiers of the 81st wore a wildcat insignia on their sleeves, starting the tradition of unit patches.

100th Division

This division was activated on Fort Jackson less than 12 months after the Dec. 7 1941, Japanese attack on Pearl Harbor. After World War II, the “Century Division” was reorganized in the Army Reserve. It was the only Reserve training division called to active duty during the Berlin crisis in 1961, which culminated in the building of the Berlin Wall.

26th Infantry Division

The “Yankee Division” trained on Fort Jackson in 1942, 1943 and 1944 and distinguished itself during the Battle of the Bulge. It was recognized as a liberating unit by the U.S. Army's Center of Military History and the U.S. Holocaust Memorial Museum in 2002.

108th Division

Initially an airborne division, the “Golden Griffin Division” was reorganized as an infantry division in 1952, a training division in 1956 and an institutional training division in 1993. The 108th started training on Fort Jackson in the 1950s. It is still an Army Reserve unit.

4th Infantry Division

The division trained here during World War II in

preparation for the June 6, 1944, invasion of Normandy. The division nickname is the “Ivy Division” because of the design of its shoulder patch: Four green ivy leaves joined at the stem and opening at the four corners. The word “Ivy” is a play on the Roman numeral four, IV. Ivy leaves are symbolic of tenacity and fidelity, the basis of the Division's motto, “steadfast and loyal.” Today the division is split-based, with its brigades stationed at Fort Carson, Colo., and Fort Hood, Texas.

30th Infantry Division

The “workhorse of the western front” was selected as the outstanding infantry division of the European theater of operations. It was deactivated at Fort Jackson in 1945 and resumed its role in the National Guard.

31st Infantry Division

The “Dixie Division” was activated during World War I and spent some time training here during World War II. It was again mobilized for active duty in 1951 as a training division on Fort Jackson during the Korean War.

8th Infantry Division

The unit was known as both the “Golden Arrow” and “Pathfinder” division during World War II. From August 1950 until June 1954, the 8th ID was an Infantry Replacement Training Division stationed at Fort Jackson. The division later was headquartered in Germany until its deactivation in 1992.

106th Infantry Division

The division's Initial Entry Training took place on Fort Jackson before its deployment to Europe. The “Golden Lion Division” was “badly mauled” at the Battle of the Bulge, but continued to fight on. One of the division's Soldiers who was taken prisoner was Kurt Vonnegut, who later based his novel *Slaughterhouse Five* on his experiences during the war.

87th Infantry Division

The “Golden Acorn” division consolidated to Fort Jackson Jan. 20, 1944, for training before deploying to Europe. One of the battles the unit was



Photo by Susanne Kappler

Markers like the one representing the 26th Infantry Division are found along Jackson Boulevard.

involved in was the final assault into Czechoslovakia. It was deactivated September 1945.

102nd Cavalry Regiment

The “Essex Troop” underwent extensive and specialized training at Fort Jackson shortly after mobilization for World War II. The troops landed on Omaha Beach June 8, 1944 — two days after D-Day — and saw more than 300 days of combat in the European theater.

77th Infantry Division

The division was dubbed the “Statue of Liberty Division” because its personnel came almost entirely from New York City. “The old bastards” — as they were nicknamed — were part of the Organized Reserves Corps and began training at Fort Jackson. They were activated for World War II in the spring of 1942 and fought in the Pacific Theater. War correspondent Ernie Pyle was killed in action with the 77th. The unit is now the 77th Regional Readiness Command, a New York Reserve unit.

If you see a visitor standing in front of one of these markers with a nostalgic look on his face, he is probably reflecting on his days of yesteryear.

If you look close you may even see him mouth that historical phrase, “Victory starts here!”

John.A.DeLyons@conus.army.mil



Know some history that you would like to share?

The *Leader* is seeking historical stories and photos or suggestions of historical topics for its weekly Marking Time feature. Retirees, veterans and community members with an interesting fact, story, photo, artifact, idea etc. pertaining to Fort Jackson should e-mail fjleader@conus.army.mil.

MWR

Midlands Tech, ERP help family members find jobs

Theresa O’Hagan
Morale, Welfare and Recreation

Army Community Service has joined with Midlands Technical College to provide free online career assessment and follow-up counseling services with David Highsmith, Midlands Technical College counselor, to discuss their results.

“When I was about 18 years old, my grandmother said to me, ‘David, aim at nothing, and you’ll hit it every time.’ Almost 40 years later, I still remember her comment, and I am reminded of its wisdom every day as I provide career counseling for individuals,” Highsmith said.

“If you don’t know where you’re headed in life, chances are pretty high that you’ll end up just floundering around, bouncing from one ill-fitting career goal to another,” he continued. “This is where career assessments and counseling can help.”

This program is designed for military

spouses looking for a job or who want to further their education and are not sure what type of employment is best suited for them.

“Self-assessment is a process by which you learn more about yourself, what you like, what you don’t like and how you tend to react to certain situations. Knowing these things can help you determine which occupations and work situations could be a better fit for you,” said Barbara Martin, Fort Jackson Employment Readiness program manager.

Once the individual completes the assessment, the ERP staff will help him or her in setting education and career goals and explore ways to reach them.

Online career assessments will be offered Tuesday, and again Sept. 9, 23 and 30. All assessments will be 9-11:30 a.m. Seats are limited and participants must register with the ERP office by calling 751-5452.

Highsmith explained there are many ways to identify appropriate career goals such as reflecting on personal dreams for the future, favorite hobbies and free-time activities, particularly easy or interesting subjects in school, and thoughtful input from family and friends.

“Individuals may also benefit by tapping into a reputable career assessment instrument, such as the South Carolina College and Career Planning System,” Highsmith said. “This online instrument is commonly referred to as ‘Kuder,’ since the foundations for the career assessments were developed more than 50 years ago by Dr. Frederic Kuder, a pioneer in the career development industry.”

Martin has worked with Highsmith’s office to coordinate several opportunities for career assessment and counseling services to be provided to Fort Jackson family members through Highsmith’s office at Midlands Technical College.

“I have provided career planning workshops for groups of service members preparing to transition from the military into the civilian workforce and for groups of military spouses,” Highsmith said.

He is sympathetic to the needs of military spouses, because he is also a military spouse. His wife Carol is an active-duty Army chaplain, who recently returned from duty in Korea.

Thanks to the cooperative generosity of the South Carolina Technical College System, the South Carolina Department of Education and the South Carolina Student Loan Corporation, the online Kuder system is available at no cost through the Counseling and Career Services Department at Midlands Technical College. The Kuder system is a comprehensive, research-based approach to career assessment, exploration and planning.

For more information on the program, call 751-5452.



Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers’ Club. The buffet is open to everyone.

Visit **Century Lanes** for food, fun and bowling.

Magraders Pub is open for lunch for family members from noon

to 4 p.m., Thursdays.

Register today at Marion Street Station for a **mountain biking trip**.

A **Personal Financial Readiness** class will be 8:30-10:30 a.m. at the Education Center, Room B-302.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Artistic Expression with Jake begins at 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub and the cover charge is \$3 for military and \$5 for civilians.

The **first Friday golf tournament** will be at 1 p.m. at the Fort Jackson Golf Club.

There will be a **Happy Hour Play Group and Family Fun Night** 5:30-8 p.m. at the S.C. Art Museum.

Every Friday is **Family Gold Night** at 5 p.m. at the Fort Jackson Golf Club. Cost is \$5 per family and includes free pizza at the clubhouse.

Saturday

Step Team practice begins at 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways will be held 9:30-11 p.m.

There will be **windsurfing** at Weston Lake.

Register at Marion Street Station for a **day trip to Atlanta**.

The **Fort Jackson 10-miler qualification** will be at 5:30 a.m. at the Hilton Field Softball Complex parking lot.

The **Andrew Jackson Rifle range** is open.

Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers’ Club.

Family Day at the Youth Center will be 2-6 p.m.

The **Exceptional Family Member Program outing** will be 4-7 p.m. at the Palmetto Falls Waterpark.

Monday

The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

There will be a **Ballroom Dancing Class** 6-7:15 p.m. at the Joe E. Mann Ballroom.

A **Kickball tournament** will run through July 17 at the Hilton Field Sport Complex.

Tuesday

Movie Night begins at 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub. A **Classic Soul Line Dancing** class will be 6-7:15 p.m. at the MG Robert B. Solomon Center.

The **Fort Jackson Job Fair** will be from 10 a.m. to 2 p.m. at the Solomon Center.

A **Career Exploration seminar** will be 9-11:30 a.m. at the Joe E. Mann Center.

There will be a **Family Readiness Group Forum** from 10 a.m. to noon at the Palmetto Lodge conference room (6000 Lee Road).

A **Using Credit Wisely workshop** will be 1:30-3:30 p.m. at the Education Center, Room B-302.

The Exceptional Family Member Program will have a **Blueberry Farm outing** 5-7 p.m. at 5412 Bluff Road, Columbia.

There will be a **Happy Hour Play Group** 5:30-6:30 p.m. at the Columbia Place Mall.

Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Registration for the **Small Games Tournament** is due at the sports office or Magraders Pub and Club.

A **Steps to Federal Employment** workshop will be from 8:30 a.m. to 2 p.m. at the Solomon Center.

There will be a **Financial Readiness for first termers** seminar from 8:30 a.m. to 4:30 p.m. at the Education Center, Room B-302.

A **Child Abuse Awareness** class will be noon-2:30 p.m. at the Main Post Chapel.

There will be a **Phase II LEVY briefing** 2:30-3:30 p.m. at the Strom Thurmond Building, Room 213.

Ongoing Offers

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

- The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-10 years old.

- The **Officers’ Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

- The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.

- **Victory Travel** has special offers for a variety of dinner shows and attractions. Some require reservations. For more information, visit Victory Travel in the

Don't get fried

U.S. Environmental Protection Agency

Follow these steps to protect you and your family from harmful overexposure of the sun:

— Five or more sunburns doubles your risk of developing skin cancer.

— UV light from tanning beds and the sun causes skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.

— Generously apply sunscreen to all exposed skin using a sun protection factor of at least 15 that provides broad-spectrum protection from both ultraviolet A and ultraviolet B rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.

— Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.

— Seek shade when appropriate remembering that the sun's UV rays are strongest between 10 a.m. and 4 p.m. Remember the shadow rule when in the sun: Watch your shadow. No shadow, seek shade.

— Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

— The UV index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. Developed by the National Weather Service and EPA, the UV index is issued daily in selected cities across the U.S.

— Get vitamin D safely through a diet that includes vitamin supplements and foods fortified with vitamin D. Do not seek the sun.

Early detection of melanoma can save your life. Carefully examine all of your skin once a month. A new or changing mole in an adult should be evaluated by a dermatologist. For more information about how to stay environmentally protected and informed, visit www.epa.gov.



Good hygiene prevents MRSA

Timothy Coffey

Moncrief Army Community Hospital

In the last few years there has been a significant increase in individuals, particularly basic combat trainees, with bacterial infections of the skin that are resistant to the more common forms of antibiotics.

The infection is called Methicillin Resistant Staph Aureus or MRSA. These skin conditions most commonly look like an infected pimple or boil and can worsen to include redness, warmth, swelling, pain and discharge. It can be mistaken as a spider or insect bite.

Staph infections, including MRSA, are most commonly spread by close contact with an infected person. The staph bacteria can rub off the skin of an infected person and onto the skin of another person when they have prolonged skin-to-skin contact. The bacteria can also come off infected skin onto objects and surfaces such as towels, soaps, sheets, benches in saunas or hot tubs and get on the skin of the person who uses the object next. It is also important to know that wound drainage and puss are very infectious and MRSA may survive on objects, such as bandages soiled with wound drainage, for more than 24 hours.

Risk factors for infection with MRSA may include recent exposure to antibiotics as well as participating in close contact sports and activities. Examples are amateur or professional athletic teams, prison populations or military train-

ing populations.

You and your family can help prevent the spread of MRSA by following these good hygiene practices:

— Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer.

— Keep cuts and scrapes clean and covered with a bandage until healed.

— Avoid contact with other people's wounds and bandages.

— Avoid sharing personal items such as towels or razors.

— Wipe surfaces of exercise equipment before and during use.

— Use lotion to prevent skin from becoming dry and cracked; damaged skin can be an opening for infection.

Early treatment of suspected MRSA infections is important. If you are concerned about a wound or sore consult your health care provider. Only take antibiotics when they are prescribed by your health care provider. Taking them when they are not needed may create stronger germs, like MRSA. If you get a prescription for antibiotics, always finish the whole bottle; the last few pills kill the strongest germs.

Health situations such as this can cause anxiety and stress for individuals. For more information on MRSA, visit www.cdc.gov or e-mail Timothy.Coffey@amedd.army.mil.

Helpful Information

Toll-free phone number for MACH is (877) 273-5584 or call locally at 751-CARE (2273), or visit www.moncrief.amedd.army.mil www.tricare.osd.mil.

Online Formulary

The Department of Pharmacy has provided an online formulary, which can be viewed from any internet connection at

<http://www.pharmacyone-source.com/fos/default.asp?L=69557&g=1>. This formulary can be printed out and taken to the doctor to make sure that MACH carries a specific medication.

MEDPROS Training

MEDPROS training will be conducted 1-4 p.m. on the third Friday of every month, at Moncrief Army Community Hospital, Room 9-83 (computer lab). For more information and to register, e-mail Jaclynne.Smith@amedd.army.mil.

TRICARE Prime

Beneficiaries enrolled in TRICARE Prime at MACH can schedule an appointment 24 hours a day,

seven days a week at www.tricareonline.com or www.moncrief.amedd.army.mil. For more information, call 751-2752.

Pharmacies open on Saturday

On-post pharmacies are open Saturdays for customer convenience. The main hospital pharmacy will be open from 7:30 a.m. to noon and the refill pharmacy will be open from 9 a.m. to noon.

To refill a prescription: call toll-free (866) 489-0950; call 751-2250; or visit online at <http://www.moncrief.amedd.army.mil>.

Medical Records

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy of records.

Soldiers to be treated at Hagen Dental Clinic

All permanent party dental records have been transferred to Hagen Clinic. Scheduled appointments will be treated there, and those reporting for Dental Sick Call may do so 7:15-10 a.m. and 1:15-2:30 p.m. weekdays, 751-5820.

CHALKBOARD

Outdoor adventures provide fun for the whole family

Jennifer Myer

School of Knowledge, Inspiration, Exploration and Skills Unlimited

South Carolina is known for its smiling faces and beautiful places. Just within the vicinity of Fort Jackson, there are acres of forest, hills and lakes.

With such a vast amount of nature right outside the front door, what better place for children and adults to discover the great outdoors?

Fort Jackson SKIES Program, in partnership with Outdoor Recreation, is offering an Outdoor Adventure Camp this summer. During this weeklong camp, school aged children (6-12 years old) will have the opportunity to discover nature sports such as biking, hiking and canoeing.

The camp is scheduled 8

a.m. to noon, Monday-Friday.

For more information, please call Schools of Knowledge, Inspiration, Exploration and Skills Unlimited instructional programs at 751-6777.

Families and adults also can enjoy special outdoor excursions here at Fort Jackson as well. From picnicking to kayaking, Fort Jackson's Family and Morale, Welfare and Recreation has a lot to offer residents.

Outdoor Recreation, located at Marion Street Station, provides an amplitude of information about outdoor opportunities and can help plan your family's next outdoor adventure. To contact Outdoor Recreation, call 751-3484.

Before heading outside to enjoy nature at its best, remember some of these helpful hints, compliments of the United States

Department of Agriculture forest services, to stay safe.

— **Buddy up.** Always travel with

a companion. If something should happen, there will be someone there to help.

— **Be physically prepared.** If you haven't run since freshman gym class, running the 10K would not be a good idea. Know your limits to prevent over-exertion and injury.

— **Wear appropriate clothing.** Dress not to impress but to keep cool and protect your skin.

— **Be weather-wise.** Check local forecasts before heading out for that day long trek to make sure no severe weather is in store.

— **Learn basic first-aid.** Whether you get certified or just research basic first-aid steps, knowing what to do in case of an emergency can save a life.

— **Think before you drink.** Just because the water is clear does not mean it is safe to drink. Always take water or purifiers.

For more information about SKIES Unlimited instructional programs for children and youth, call 751-6777, or visit fortjacksonmwr.com/skies.



Fort Jackson Schools

Meet the Teacher will be at Pierce Terrace Elementary School 1-1:45 p.m., Aug. 20 and C.C. Pinckney 2-2:45 p.m.

The **first day of school** will be Aug. 21 for Grades 1-6, and Aug. 25 for pre-K and kindergarten.

Richland District One

There will be a **school board meeting** 7 p.m., July 17 at the district office. Parents are welcome.

The **first day of school** will be Aug. 18.

Richland District Two

Richland Northeast High School **military family school orientation** will be 5:30-6:30 p.m., Aug. 14.

The **first day of school** will be Aug. 21.

There will be a **school board meeting** 7:30 p.m., July 15 at the District Office.

Dent Middle School Civil Air Patrol is asking for **old BDUs/ACUs** for its program. Call 699-2750 ext. 72007 for more information.

Fort Jackson Homeschoolers

A get-together for home-schooled students is planned for 11 a.m., Tuesdays

for various activities. For more information, call 419-0760.

College

The South Carolina Commission on Higher Education has launched a **college information hotline** for students and families. For up-to-date college information, call (877) 349-7183, 5:30-8:30 p.m., Tuesdays-Thursdays.

Announcements

Applications are being accepted for a **free summer camp** for children of deployed or injured Soldiers. For more information, visit www.nmfa.org.

Free **interactive video SAT/ACT prep course** for military dependents. Visit online at sat.eknowledge.com/military.asp for more information.

For information on **SKIES** classes, call 751-6777/3053.

Adopt-a-School is a program that encourages Soldiers to volunteer in local schools. Units or individual Soldiers may complete volunteer activities at schools on a one-time or a regular basis, with supervisor approval for use of mission time.

High performing units will earn awards quarterly. For more information, visit online at http://fortjacksonmwr.com/school_liaison, call 751-6150 or e-mail ruth.russell@jackson.army.mil.

Editor's Note: For more information on Army School Liaison Services, call 751-6150 or e-mail Ruth.C.Russell@us.army.mil.

COMMUNITY HIGHLIGHTS

Help us find a loving home



Photos by Susanne Kappler and Ashley Henry

These cats and dogs are at the Fort Jackson Veterinary Clinic, and they all need a home. From top left clockwise: 4-month-old black female kitten; 2-year-old female mix breed (spayed and microchipped); 1-year-old male mix breed; 10-week-old kittens; 1-year-old female pit bull. For information on these or other pets for adoption, call the Veterinary Clinic at 751-7160.

This Week

Personal Financial Readiness

A Personal Financial Readiness seminar is set for 8:30-10:30 a.m., Friday at the Education Center, Room B-302. For more information, call 751-4862/6325.

BOSS Car Wash

There will be a Better Opportunities for Single Soldiers car wash from 9 a.m. to 4 p.m., Friday across the street from the Welcome Center.

EFMP Palmetto Falls Outing

The Exceptional Family Member Program will have an outing at Palmetto Falls 4-7p.m., Sunday at Palmetto Falls Water Park. For more information, call 751-4862/6325.

Career Exploration

A Career Exploration seminar is

planned for 9-11:30 a.m., Tuesday at the Joe E. Mann Center. For more information, call 751-4862/6325.

Online Career Assessment

There will be a free online career assessment offered 9-11:30 a.m., Tuesday at the Education Center.

Participants must register to attend. For more information and to register, call 751-5452/5256.

Using Credit Wisely

A Using Credit Wisely workshop is scheduled for 1:30-3:30 p.m., Tuesday at the Education Center, Room B-302. For more information, call 751-4862/6325.

EFMP Blueberry Farm Outing

The Exceptional Family Member Program will visit a blueberry farm 5-7 p.m., Tuesday at 5412 Bluff Road in Columbia. For more information, call 751-4862/6325.

Financial Readiness for First Termers

A Financial Readiness workshop for first termers will be from 8:30 a.m. to 4:30 p.m., Wednesday at the Education Center, Room B-302. For more information, call 751-4862/6325.

Steps to Federal Employment

There will be a Steps to Federal Employment seminar 8:30-11:30 a.m., Wednesday at the Education Center. For more information, call 751-4862/6325.

Red Cross Bloodmobile

A blood drive will take place from 10 a.m. to 3 p.m., Wednesday in front of Troup Medical Clinic and the Medical Barracks. For more information and to make an appointment, call 360-2036.

Child Abuse Awareness

A Child Abuse Awareness class will from noon to 2:30 p.m., Wednesday at the Main Post Chapel. For more information, call 751-4862/6325.

Phase II LEVY Briefing

A Phase II LEVY Briefing will be 2:30-3:30p.m., Wednesday at the Strom Thurmond building, Room 213. For more information, call 751-4862/6325.

Upcoming

Financial Readiness for Initial PCS Move

A Financial Readiness for Initial PCS Move workshop will take place 8:30-10:30 a.m., July 17 at the Education Center, Room B-302. For more information, call 751-4862/6325.

Family Assistance Team Training

There will be a Family Assistance Team Training 9-11:30 a.m., July 17 at the Joe E. Mann Ballroom. For more information, call 751-4862/6325.

Starting and Running a Small Business

There will be a Starting and Running a Small Business seminar 9-11:00 a.m., July 22 at the Education Center. For more information, call 751-4862/6325.

Budget Development, Record Keeping

A Budget Development and Record Keeping workshop will take place 8:30-10:30 a.m., July 22 at the Education Center, Room B-302. For more information, call 751-4862/6325.

Savings and Investing

There will be a Savings and Investing seminar 8:30-10:30 a.m., July 23 at the Education Center, Room B-302. For more information, call 751-4862/6325.

Instructor of the Cycle



Photo by Ashley Henry

Staff Sgt. Cameron Wheelless, Company E, 369th Adjutant General Battalion is the Platoon Sergeant of the Cycle. Wheelless is the platoon sergeant for the Human Resources 42A course.

Announcements

Directorate of Contracting Closure

The Directorate of Contracting will close at noon, today for its organization day. For emergency contracting support, call 751-5166/5167.

BOSS Six Flags Trip

Better Opportunities for Single Soldiers will host a trip to Six Flags July 18. Deadline for registration is Monday. For more information, call 751-1148.

Daniel Circle Chapel Sponsored Concert

Daniel Circle Chapel will sponsor a concert, in conjunction with its annual Youth Gospel Festival at 10 a.m., July 27 at the MG Robert B. Solomon Center. The concert will feature National Gospel artist Kevin Vassar.

Thrift Shop Position

The Fort Jackson Thrift Shop has an opening for a cashier. This is a paid position. For more information, call 787-2153.

Operation Purple Heart Healing Adventure

Operation Purple Heart Healing Adventure is a camping initiative supported by the Easter Seals for wounded service members. The camp is sponsored by the National Military Family Association and will be Aug. 18-22 at Camp Ascca, Ala.

This is a pilot program, and participation is limited to service members who have been wounded in support of the Global War on Terror and have been in

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COMMUNITY HIGHLIGHTS

July Yards of the Month



Photo by Ashley Henry

Tina Ellis (left) and Staff Sgt. Birk Ellis (center), HHC 165th Infantry Brigade, accept the Garrison Commander Yard of the Month award from Col. Lillian Dixon (right), Fort Jackson garrison commander, at the Ellis' home Wednesday. Other Yard of the Month winners are Col. Hugh Vanroosen, 360th Civil Affairs Brigade (Airborne); Sgt. Samuel Sapp, 2nd Battalion, 60th Infantry Regiment; Sgt. 1st Class Lorenzo Latimore, Army National Guard; Staff Sgt. Gerardo Garcia, 3rd Battalion 13th Infantry Regiment; Staff Sgt. John Stutler, 17th Military Police Detachment; Staff Sgt. Janice Wright, 171st Infantry Brigade; Staff Sgt. Tara Barnwell, 193rd Infantry Brigade.

recovery from their wounds, injury or illness for at least one year.

Visit the NMFA Web site for an application, www.nmfa.org/healingadventures. For more information, e-mail patty.barron@nmfa.org.

Spouse Overseas Employment Orientation

To learn more about the various military spouse employment options available overseas, contact the Employment Readiness Office at 751-5452.

Youth of the Month

The Fort Jackson Middle School/Teen program is accepting nominations for the Boys and Girls Club Youth of the Month. Candidates must be 14-18 years old, belong to the Fort Jackson Youth Center, exhibit leadership potential and have contributed to their family, church, school or community during the past months. To submit a nomination, call 751-6385/3977.

Fire Alarm Warning

If occupants of a building notice a malfunction in the fire alarm system, it should be reported immediately by calling 751-4142/7217. No one should work on a fire alarm system except authorized personnel.

Tampering with a fire alarm system, a violation of Fort Jackson Regulation 420-90 and South Carolina law, is punishable under the Uniformed Code of Military Justice. For more information, call 751-1610.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

The Ladies Auxiliary meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Civil Air Patrol meets at 6:30 p.m., the first Monday of the month at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail tom.alsup@gmail.com or visit online at www.scwg.cap.gov.

Seabees meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

Veterans of Foreign Wars meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Fort Jackson Enlisted Spouses' Association meets at 6:30 p.m., the third Monday of each month at

5942E Thomas Court. For more information, call 665-4170 or e-mail esa2005ff@yahoo.com.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room www.jackson.army.mil/360/SA-MC/home.htm.

American Legion Post #182 meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

Weight Loss Surgery Support Group meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital eighth floor day room. For more information, call 751-0392.

Disabled American Veterans meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

Purple Heart #402 meets at 7 p.m., the third Tuesday of the month at the American Legion Post #6 on Devine St. For information, call 351-2333.

American Red Cross new adult volunteers orientation is the third Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Avenue. For more information, call 571-4329.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magraders Club. For information, e-mail sec@ffvictoryriders.com.

Society of American Military Engineers meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

Diabetes Support Group meets at 6 p.m., the last Thursday of the month in the Moncrief Army Community Hospital fourth floor dining facility. For information or to register, call 751-2501.

MEDPROS training will be held 1-4 p.m., the third Friday of the month, at the hospital, Room 9-83. For more information or to register, e-mail Jaclynne.Smith@amedd.army.mil.

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail jrogers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV meets at 11:30 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@conus.army.mil.

Motorcycle Safety Training

To ride a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post. The BRC is a two-day course offered weekly.

The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a

space available basis. For more information, call 751-RIDE (7433).

Yard of the Month Nominations

Housing representatives will be canvassing each housing area looking for nominees for Yard of the Month. Criteria for selection includes general appearance of the lawn, flowers and shrubs.

The winning families will receive a Certificate of Appreciation and prizes.

Storms, lightning send

Mike A. Glasch
Leader Staff

Mother Nature set off her own fireworks for Friday's Torchlight Tattoo celebration at Hilton Field.

The annual event was slated to begin with a concert by the 282nd U.S. Army "Victory" Band followed by a torchlight tattoo ceremony and topped off with fireworks. However, rain earlier in the day caused the concert to be canceled and then about an hour before the tattoo ceremony was scheduled to start, storm clouds began rolling above the field bringing lightning flashes across the sky forcing that portion of the celebration to be canceled as well.

Spectators in the stands were sent to their vehicles so that Soldiers on the field could seek shelter in the stands.

"Our chief concern was for the welfare

of the Soldiers, guests, vendors and those supporting the event," said Chip Martin, U.S. Army Soldier Support Institute (the host unit for the event). "The plan to evacuate the patrons from the stands to their vehicles to allow Soldiers to get into the bleachers and out of the storm went well."

After the order for spectators to return to their vehicles, the storm knocked out the public address system. That left organizers unable to communicate that the fireworks portion of the event was still scheduled to take place.

"Our main challenge was a lack of public address capability to provide updates to all regarding the status of the event as well as the plan to evacuate Soldiers back to their units," Martin said. "The storm had knocked out the PA system and that complicated some things.

Due to the great leadership on the ground

from all parties, especially the members of the Training Support Battalion and the MPs, we were able to reduce the amount of time to load the buses and return the Soldiers to their units safely."

With rain pouring down, and lighting strikes illuminating the night sky, several thousand of those who came out decided to head home.

For those who did stay, like Steven Bretheim and his 4-year-old daughter Emily, their patience paid off once the lightning moved away from the area, allowing the fireworks display to begin.

"It was a little disappointing not to be able to see the band and the ceremony, but you can't control the weather," he said. "At least we were able to enjoy the fireworks. Hopefully, next year the weather will cooperate."

Michael.A.Glasch@us.army.mil



Basic Combat Training Soldiers from the 165th Infantry Brigade march onto Hilton Field Friday to take part in Fort Jackson's annual Fourth of July Torchlight Tattoo ceremony.

send crowd bolting



July Torchlight Tattoo ceremony.

Photos by Mike A. Glasch



Storms packing wind, rain and lightning rolled across Hilton Field Friday forcing the cancellation of the 282nd Army "Victory" Band concert and the Torchlight Tattoo ceremony. Once the threat of lightning passed, the fireworks display began.



Emma Stockman, 5, and her mother Laura wait for the Torchlight Tattoo festivities to begin.



FIRST RESPONDER



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal

Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major

Billy Forrester
Fire Chief

Cases of the Week

A Soldier was treated at Moncrief Army Community Hospital for injuries to his back after being bitten by two pit bulls. The dogs attacked the Soldier while he was trying to get into his car. The owner of the dogs received a citation for failure to control an animal resulting in injury. The dogs were transported to the veterinary clinic for further evaluation.

A woman was cited for leaving children unattended in a parked car with the engine running and for driving with a suspended vehicle registration. Military Police was contacted about three children left alone in a car in the parking lot of the main post exchange.

A Soldier was transported to MACH with facial injuries received in a fight with another Soldier. The two Soldiers were in an argument that escalated when one shoved the other, MPs said. The Soldier who had been shoved, struck the other Soldier in the face, according to MPs. Both Soldiers were processed and released to their units.

Tip of the Week

One in four crashes involves driver distraction. Drivers who use cell phones in their vehicles run a higher risk of collision than drivers who do not — whether holding the phone or using a hands-free device.

Yield to vehicles on the roadway if you cross the street at a place other than a marked crosswalk or pedestrian tunnel or crossing.

If a pedestrian is struck while jaywalking, the driver may not be liable, and his or her auto insurance may not cover the pedestrian's injuries.

Stay on sidewalks and the right-hand side of crosswalks. Drivers are required to yield the right of way to pedestrians in crosswalks. If the road has no sidewalk, walk on the left side of the road facing traffic.



CHAPEL

Should God say 'Pweese?'

Chaplain (Capt.) D. Todd Morrison
3rd Battalion, 13th Infantry Regiment

The other weekend, my wife, daughter and I stopped at a convenience store; I was carrying my daughter around the store when all of a sudden a huge smile appeared on her face and she started pointing wildly at one of the aisles we had just passed. As I turned around, she pointed and exclaimed, "Chaaach laaate!"

She had seen rows and rows of her favorite food, chocolate. As I approached the aisle, she still was not convinced I knew what she wanted, so she wildly pointed and exclaimed with added excitement, "Chaaach laaate!!"

When I turned down the aisle, she knew she had my attention, but she did not have her prize.

So, in her sweetest voice she looked at me and said, "Pweese." We had been working on "please" and "thank you," but as every child knows, you have to add the sweetness to the "please" to really get it to work. Not being able to resist that enthusiasm and wanting to reward her for her good manners, I broke down and bought us a piece of chocolate to split. How could I deny that "Pweese?"

As I think about it, how many times has God tried to get our attention? God is constantly calling us to a new or closer relationship.

God might be calling us to act on an issue, to reach out to someone, to spread his message or any number of things. God is trying to communicate with us each day, about all sorts of things, but we have to be paying attention; if we are not listening, we will not hear.

Let me encourage you to find ways that help you listen to God's voice in your life. Do you have an individual or a prayer group that will help you discern God's will? Are you trying to see what scripture has to say about the decisions you are making? Where is your own prayer life calling you to go? Where do you see the Spirit of God moving in your life? What are the obstacles in your life to hearing God's voice?

God is trying to get our attention, sometimes in the frantic waving of arms, sometimes with words of great excitement and sometimes with a small sweet voice. God is calling. Listen and respond.

Worship services

- Protestant**
- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)
8 a.m. Bayonet Chapel (Hispanic)
9:00 and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Post Chapel)
11 a.m. Daniel Circle Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next
Chaplain School
 - Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY**
- Monday 7 p.m. Women's Bible Study (PWOC - Post Chapel, Class 209)
 - Wednesday 7 p.m. Anderson Street Chapel 7 p.m. Daniel Circle Chapel 7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
 - Thursday 9:30 a.m.-12:30 p.m. Women's Bible Study (PWOC, Post Chapel) 6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699) 7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday 8 a.m. Men's Prayer Breakfast (Post Chapel, every second Saturday of the month in Chapel Fellowship Hall)
- PROTESTANT YOUTH OF THE CHAPEL**
- Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
 - Wednesday 6:30 p.m. Main Post Chapel

- Lutheran/Episcopalian**
- Sunday 8 a.m. Memorial Chapel
- Islamic**
- Sunday 8-10 a.m. Islamic Studies
 - Friday 12:30-1:45 p.m. Jumrah Services (both — Main Post Chapel)

- Church of Christ**
- Sunday 11:30 a.m. Anderson Chapel

- Catholic**
- M-F 11:30 a.m. Mass (Post Chapel)
 - Sunday 8 a.m. Mass (Solomon Center) 11 a.m. Mass (Main Post Chapel) 9:30 a.m. Mass (120th AG Battalion Chapel) 9:30 a.m. CCD (Education Center) 9:30 a.m. Adult Sunday School 12:30 a.m. Catholic Youth Ministry
 - Wednesday 7 p.m. Rosary 7:30 p.m. RCIA/Adult Inquiry

- Jewish**
- Sunday 9:30-10:30 a.m. Memorial Chapel 10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

- Latter Day Saints**
- Sunday 9:30-11 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469
Bayonet Chapel — 9476 Kemper St., 751-4542
Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032
Education Center — 4581 Scales Ave.
Magruder Chapel — 4360 Magruder Ave., 751-3883
120th Rec. Bn. Chapel — 1895 Washington St., 751-5086
Memorial Chapel — 4470 Jackson Blvd., 751-7324
Chaplain School — 10100 Lee Road, 751-8050

ASAP does a lot more than just test for drugs

Sandra Barnes

Army Substance Abuse Council

The Army Substance Abuse Program is often associated with drug testing. And while this is a regular part of Army life, drug testing is only a fraction of what the Fort Jackson ASAP program does for Soldiers and civilians.

Prevention Education

Prevention Education is a program in which Soldiers and civilian employees learn about risk factors that can lead to substance abuse. The annual regulatory training requirement contains progressive information in a variety of areas including episodic drinking, designer drugs, huffing and societal trends in drug use.

According to Army Regulation-600-85 all Soldiers will receive a minimum of four hours of alcohol and other drug awareness training per year and civilians will receive a minimum of three hours of alcohol and other drug awareness training per year.

Risk Reduction

Risk Reduction, also known as the “Bull’s Eye,” is the commanders’ pictorial representation of 21 different risk factors captured in quarterly reviews. ASAP provides programs with risk data pulled from various agencies such as Army Community Services, Preventive Medicine and Law Enforcement Activity. Risk factors tracked include financial hardship, sexually transmitted diseases and crimes against persons and property.

Michelle Ingram, ASAP risk reduction coordinator, explains that commanders use the “Bull’s Eye” chart to identify areas of command that may need preventative training.

Employee Assistance Program

The Employee Assistance Program provides civilian employees, retirees and family members help with personal problems that can interfere with job performance.

Consultation is available to supervisors who may be dealing with troubled employees.

The EAP is primarily a short-term service that helps employees deal with a broad range of personal problems. For those who require more extensive help, Ernestine Richardson, EAP coordinator, is able to confidentially refer clients to various resources in the Columbia community.

Violence in the Workplace

Violence in the workplace is also an area in which ASAP plays an essential role. Once an incident is reported, Richardson, also the ASAP manager, interviews the parties involved and assesses the level of risk.

If the risk is found to be moderate or high, a Threat Management Team convenes to discuss appropriate solutions, which may include training, counseling or disciplinary action.

Biochemical Testing

The ASAP service most people are familiar with is biochemical testing. Drug testing has its roots in the Vietnam War, when Soldiers were screened before returning home. A particular phenomenon of that war was a high level of drug dependency. In 1971, a program was mandated for the identification and treatment of substance abuse within the DoD.

Army Regulation 600-85 outlines the participants of drug testing and the manner in which it is carried out. All Soldiers are regularly required to participate in random drug testing. It is for these reasons ASAP takes biochemical testing so seriously.

Kelvin Burruss, installation Biochemical Testing coordinator, says the Army Drug Testing Program is a computerized, random selection process that ensures fairness and accuracy. Drug testing not only protects the Army’s mission but provides help to those in need.

If a Soldier or civilian tests positive for drugs, discipli-

ASAP Calendar of Events

An *Alcohol and Drug Abuse Prevention and Training Program* will be held from 7:30 a.m. to 4:30 p.m., July 14-15 at 3250 Sumter Ave. This two-day class is for anyone interested in learning more about alcohol and drug abuse and for those who have had an alcohol- or drug-related incident and the command feels could benefit from re-education.

A *Unit Prevention Leader* class will be held from 7:30 a.m. to 4:30 p.m., July 23-25 at 3250, Sumter Ave. It is required training for newly assigned UPLs and includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited so get request forms in early. The uniform will be duty uniform.

The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage. ASAP maintains a wide selection of pamphlets and videos that can be used to get a better understanding of the dynamics of substance abuse and use. ASAP staff is available to give presentations on alcohol and drug abuse. For questions about classes offered or about substance abuse, call 751-5007.

nary action is only part of the solution. Education and counseling can restore an individual’s life and may save an otherwise valuable career.

As important as drug testing is, it is only part of a much larger process. With a total of five service areas, the ASAP has a dedicated investment in the well-being of the community. If you have any questions about substance abuse, call 751-5007.

LEGAL

HUD offers tips on how to avoid foreclosure

Capt. Ryan H. Dodd
Legal Assistance Attorney

Foreclosure is a legal process in which a lender, such as a bank, repossesses and sells a home when the homeowner falls behind on payments to a loan secured by the home. The proceeds of the sale are first used to pay the expenses of the repossession and sale and are then used to pay the balance of the loan.

If there is not enough left after the sale to pay the balance of the loan, the homeowner is responsible for paying the difference. There are several types of foreclosure actions, and foreclosure laws vary in each state.

According to a recent *USA Today* report, decreasing home values and rising adjustable interest rates have contributed to more than 1.2 million home foreclosures in the United States.

The mortgage crisis has affected many service members and has led military support and financial advocacy groups to field an increasing number of requests for assistance from service members struggling to keep their homes.

Here are some tips from the U.S. Department of Housing and Urban Development on how to avoid foreclosure. These tips can be found at the following Web-

site: <http://www.hud.gov/foreclosure/index.cfm>

- *Don't ignore the problem.*
- The further behind you become, the harder it will be to reinstate your loan and the more likely it will become that you will lose your house.
- *Contact your lender as soon as you realize you have a problem.*

Lenders do not want your house. They have options to help borrowers through difficult financial times.

- *Open and respond to all mail from your lender.*
- The first notices you receive will offer good information about foreclosure prevention options that can help you weather financial problems.

Subsequent mail may include important notices of pending legal action. Your failure to open the mail will not be an excuse in foreclosure court.

- *Know your mortgage rights.*
- Find your loan documents and read them so you know what your lender may do if you can't make your payments. Learn about the foreclosure laws and timeframes in your state (every state is different) by contacting the state government housing office.

- *Understand foreclosure prevention options.*
- Valuable information about foreclosure prevention

Operation Hours

Fort Jackson's Legal Assistance Office, located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, is open from 9 a.m. to 4 p.m., Mondays through Thursdays. Appointments can be made by calling 751-4287.

The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-4 p.m., Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

(also called loss mitigation) options can be found on the Internet at:

http://portal.hud.gov/portal/page?_pageid=33,717348&_dad=portal&_schema=PORTAL

If you have any questions about what options may be best for you, it is recommended that you seek the advice of qualified legal counsel.

The Fort Jackson Legal Assistance Office is available to answer any questions about this or any other legal issues.

SPORTS/FITNESS

Quench your thirst the healthy way

COMMENTARY

Maj. Thomas Hundley
Moncrief Army Community Hospital

Ooooo Weeee! Is it hot or what?

These scorching summers remind me of those popular Kool-Aid commercials from back in the day.

Remember how the kids would play outside until they got thirsty. One would say, "Hey, I'm thirsty." Then the other would shout "Hey, Kool-Aid." Instantly, a big red, smiley-faced pitcher of Kool-Aid would bust through brick walls and concrete buildings and reply, "Oh yeah."

Unfortunately, we don't have the luxury of calling up the Kool-Aid man when we get thirsty. But nevertheless, it's hot outside, your thirst needs attention and the liquid in your canteen does not taste like Kool-Aid.

Before you run and grab that 16-ounce soft drink, pump your brakes and think for a minute. Your choice of liquid refreshments could make or break your diet and weight-loss plans.

I am solely convinced that America's obesity problem is directly linked to our consumption of high-calorie beverages.

Think about how many people you know who drink several sodas a day or better yet, those who drink that mega bottle of Mountain Dew every day. Let me quantify the effect of sodas on our bodies:

— One 20-ounce soda (non-diet) con-

tains 240 calories (equal to 22 packs of sugar).

— Two sodas per day contain 480 calories (equal to 44 packs of sugar).

— Fourteen sodas per week contain 3,360 calories (equal to 308 packs of sugar).

Knowing that it takes 3,500 calories to add one pound of weight to your body, a person could easily gain 10 pounds per year from drinking soft drinks and sodas.

Being the country boy that I am, I would much rather substitute those no-nutritional-value calories for something meaningful, like some banana pudding or some macaroni and cheese. But that's just me.

Here are some zero calorie ways of beating the heat while quenching your thirst:

Water up! Water down!

Let's face it. Most people don't drink enough water.

It's hard to turn down those colorful, sweet-tasting liquids for a bottle of ice-cold H₂O. But your body demands water. Even if you have to drink some of those flavored sparkling waters or those new mineral enhanced waters, go with the clear liquid beverage.

After you down your refreshing bottles of water each day, repeat the words of our



Maj. Thomas Hundley

favorite waterboy, Bobby Bouche, "Now that's high quality H₂O!"

Tea time!

Iced tea is a great summertime thirst quencher as long as it isn't sweetened.

In the South, we tend to make our iced tea so sweet that you can pour it over your pancakes for breakfast. I've found that nicely flavored iced tea doesn't need any sweeteners at all.

Try adding a few slices of peaches or lemon to your tea.

Green and black teas are actually known to have health benefits.

Meet Joe Black!

If you're looking for zero-calorie, high-flavor beverages, coffee can fill that bill. Even the iced versions have no calories when you drink them in their naturally brewed form. Problem is, we dress up our coffee as if it's preparing for the Miss America beauty pageant.

It amazes me how we have gone from black coffee to mocha, caramel, chai and latte macchiato with whipped cream on top. When we dress up coffee, we easily go from zero calories and zero grams of fat to around 250-500 calories and around 4-18 grams of fat.

Don't allow these South Carolina summers to enlarge your waist line. Drink plenty of water this summer and if your thirst is not completely satisfied, just yell, "Hey Kool-aid! Oh, yeah!" Be cool!

Sports Briefs

Junior Golf Skills Testing

The Fort Jackson Golf Club is offering skill levels testing for young golfers. The skill testing is designed to encourage children and teenagers to work on all aspects of their game. For more information, call 787-4437/4344.

Children's Golf Camp

The Central Enrollment Office is accepting registrations for smart start golf camp for children 3-5 years old. The camp is set for 8:30-9:15 a.m., Tuesday through Thursday. The cost is \$20 per child. For more information and to register, call 751-5040.

Small Games Tournament

Registration for the Small Games Tournament for active duty Soldiers is due to the Sports Office July 16 by 2 p.m. The tournament will be at 6 p.m., July 24 at Magruder's and will include arm wrestling, table tennis, hot shot basketball and 8-ball. For more information, call 751-3096.

Army 10-miler Qualifier

Registration for the Army 10-miler qualifier will be accepted through July 11. Runners can also register on the day of the event 5:15-5:30 a.m. The qualifier will begin 5:45 a.m., July 12 at the Hilton Field Softball Complex parking lot. Runners need to be present by 5:30 a.m. For more information, call 751-3096.

Ultimate Frisbee

An Ultimate Frisbee program will start in September. For more information, call 751-3096.

Skate Night

A family skate night will begin at 7 p.m., July 18 at the Youth Center. Attendees must bring their own skates. For more information, call 751-5040.

Volunteer Coaches Needed

Volunteer coaches for youth sports are needed. Experience is desired, but not mandatory. Volunteers get the "coaches discount," when their own children also play sports — 100 percent for the first child; 50 percent for each additional child. For more information or to volunteer, call 751-5040.

Army Strong



Photo by Hans Rosemond, Temple Telegram (goarmysports.com)

Stewart Glenister rests between laps at Hardin Swim Center on the Temple (Texas) High School campus. Glenister is entering his second year at the U.S. Military Academy at West Point and will represent American Samoa in the 50-meter freestyle in the Olympics. The Military Academy assigned Glenister to serve a four-week assignment at Fort Jackson.